***PLAY AT OWN RISK--Players are reminded that they participate in Intramural Sports at their own risk. Boston University cannot accept liability for the injury of participants in the Intramural Sports Program. Team Captains need to make sure that their players are aware of this before being allowed to participate.***

For the list of general IM Sports policies, please visit our webpage:

CAPTAIN'S MEETING - There will be a mandatory team captain's meeting that MUST be attended by a representative, captain or co-captain preferred, from each team. The Captain’s Meeting Schedule can be found at: http://www.bu.edu/fitrec/sports/intramural-sports/flag-football/. Each team MUST have a representative present. If a team is not represented they waive their right to veto any schedule change proposed at the meeting, and may forfeit their right to future schedule change requests. Bring along this sheet for a reference to discuss the different items. Schedules will also be handed out at this time.

CANCELED, POSTPONED AND RESCHEDULED GAMES - We generally will play games in any weather except lightening. We will usually not make a decision on cancellation before 4:00 PM on day of the game and then will try to hold off as long as possible if there is a chance of playing. If games are canceled before 5:00pm, teams will be notified via email to the listed captain. If games are canceled at a time when we are unable to notify captains, a recorded message will be left on the IMSports Hotline at 353-6792 (please do not leave voicemails on this line as it is rarely checked, questions should always be sent to IMSports@bu.edu). Games that are canceled will not always be rescheduled immediately. We may wait until later in the season to see how many games we have to reschedule and what times are available to reschedule them. Rescheduled games may be at any time and can't be guaranteed that they will be at times you prefer to play. If games are postponed by the Intramural Supervisor, they will be continued at the point of interruption, unless the game is over half completed where it will be considered an official game.

JEWELRY/HATS - NO player will be allowed to wear necklaces, rings, watches, jewelry, earrings, barrettes, hats, etc. Players are not allowed to cover jewelry with tape or “BAND-AID”. **Do not take valuables to Intramural games and leave them unattended. There has been money, jewelry, etc. stolen while persons participate. Intramural Supervisors are not allowed to keep valuables for individuals during the games.

Cleats – Cleats will be allowed in IM football.
**FLAG FOOTBALL RULES – Adapted from NIRSA Flag and Touch Football Rule Book**

A. **FIELDS:** Fields are approximately 60 yards long and are approximately 40 yards wide plus 10-yard end zones at each end. Field is subdivided into four 15-yard zones (first down zones). Team bench areas are restricted to the area between the fifteen-yard lines.

B. **NUMBER OF PLAYERS:** Seven (7) persons constitute a team. A team may start with five (5) players to avoid a forfeit and may continue with five players as long as they have a chance to win. See punts (section N) for certain restrictions on player alignment. The offensive team must have a minimum of four players on the line of scrimmage (center and three other players). One or two of the other players may be in the backfield or on the line. The person receiving the snap must be at least two yards behind the line of scrimmage.

C. **START OF THE GAME:** The game will be started with a coin toss, which the home team will call. The winner of the toss will have the option to a) start on offense or defense, b) choose goal to defend, or c) defer to the second half. If the winner of the coin toss chooses to defer, they will have first choice in the second half, the loser of the coin toss will have first choice in the first half. **THERE WILL BE NO KICKOFFS.**

Play will begin by placing the ball at the offensive team’s 10-yard line.

D. **FIRST DOWNS:** Each team will have a series of four (4) downs to advance the ball from one zone to another. Failure to do so in four downs results in loss of the ball to the opponent. The line to gain in any series shall be the zone in advance of the ball, unless distance has been lost due to a penalty or loss of yardage. The placement of the ball will be determined by the location of the ball when the player in possession is deflagged. Any part of the ball touching the line is considered over the line.

E. **LENGTH OF GAME:** A game will consist of two twenty-minute halves, which are running time. The last two minutes of the game will be stop time, unless a team is ahead by 19 or more in Men’s, and 25 or more in Co-Rec, in which the clock will run. Five minutes are allowed between halves. Each team will be permitted two time-outs per half of one minute in length. Unused time-outs do not carry over into the second half. Time-outs must be called by someone on the field. We will have the delay of game penalty (25 seconds after the ball is declared ready for play) for offense. **Mercy Rule:** If a team is ahead by twenty-eight (28) or more points in Men’s, or thirty-seven (37) or more points in Co-Rec with ten minutes or less left in the second half, the game will end.

F. **UNIFORMS/EQUIPMENT:**

**COORDINATING SHIRTS/LIGHT & DARK** - All teams are required to wear coordinating shirts. Teams will be assigned to wear either light or dark colored shirts on the schedule. **No gray shirts allowed for either team.** The team listed first on the schedule is the away team and will wear white. If teams do not have coordinating shirts, or light or dark colored shirts, they will have to wear the pinnies supplied by Intramurals. It is strongly recommended that teams supply their own jerseys. Intramurals only has a limited supply of jerseys available. Teams may have to wear jerseys worn in previous games. Shirts must be either: A) Long enough so they remain tucked in the pants/shorts during the entire down or B) Short enough so there is a minimum of 4” from the bottom of the jersey to the players waistline. **All player’s shirts must be tucked in.**

**WEARING OF SWEATSHIRTS** that hang over the waist of a player will not be allowed. If a sweatshirt is worn, it must be tucked in a manner in which it will not cover the flag belts. No large oversized sweatshirts will be allowed. *FOR SAFETY REASONS, any jersey or jerseys that have been altered in any manner which produces a knot-like protrusion will not be legal.

**PANTS/SHORTS:** **Due to safety,** each player must wear pants or shorts without any belts, belt loops, pockets or exposed drawstrings. The pant/shorts must be a different color than the flags. **Using tape to cover belt loops or pockets will not be allowed.**

**SHOES & PROTECTIVE DEVICES:** Players must wear some type of shoe and may not play barefoot or only in socks. **Hard plastic or metal knee braces may be worn provided that all hard surfaces are covered with padding.** It is up to the officials’ discretion as to whether a brace is acceptable or not. For liability reasons, once a brace has been brought to the attention of the official and is found unacceptable, **participants are not allowed to remove the brace and play without it.**

G. **JEWELRY/HATS:** Players may not wear hats or jewelry (rings, earrings, watches, etc.). **Players are not allowed to cover jewelry with tape or “BAND-AID.”** Stocking caps and sweatbands are legal, baseball
caps or has with brims are not allowed. *DUE TO SAFETY, bandannas or “do-rags” are illegal because of the exposed knots.

**H. FOOTBALL:** Intramurals will supply footballs if needed. Teams may supply their own football. Teams who do not supply their own ball have the option of using the opponent's ball or the intramural ball if they wish. If they wish to use their own, they are to bring it in when they take over on offense. **It is not to delay the game.** Men’s league teams must use a regulation men’s size football. Co-Rec and Women’s leagues may use a youth sized ball.

**I. PASSING/RECEIVING:** All players are eligible to receive a pass. Only one forward pass is allowed behind the line of scrimmage. Lateral passes (overhand, underhand, etc.) may be thrown at any time. Receivers must have one foot in bounds while in possession of the ball to be considered a legal reception. A receiver who steps out of bounds and returns back to the playing field is ineligible.

**J. SCORING:**

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<thead>
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<tbody>
<tr>
<td>A</td>
<td>Touchdown</td>
<td>6 Points</td>
</tr>
<tr>
<td>B</td>
<td>Safety</td>
<td>2 Points</td>
</tr>
</tbody>
</table>
| C | Point After TD | 1 Point (from 3 yds.)
|   | 2 Point Conversion | From 10 yard line |
|   | 3 Point Conversion | From 15 yard line |

Note: A team is given one choice (one, two or three points) that can only be changed when a time-out is taken by either team. The declared point value will remain the same even if penalties move the ball closer or farther from the goal lines. If there is a foul by the defensive team during a down, which results in a successful touchdown or Try, the penalty will be enforced from the succeeding spot. If the defending team intercepts a pass or fumble during the try, and returns it for a touchdown, they score three points.

**K. SAFETY:** Any offensive player that is deflagged or becomes down in his/her end zone will result in a safety. A snap that hits the ground in the end zone will be a safety. Any offensive player going out of bounds in their own end zone will result in a safety. Any offensive penalty that occurs in the end zone and is accepted will also result in a safety. THE FREE KICK AFTER A SAFETY HAS BEEN ELIMINATED. Instead, the scoring team will begin with the ball at their own 10-yard line.

**L. FLAG FOOTBALL BELTS:** Flags are one-piece construction and the entire belt comes off instead of just one flag. Therefore you can also grab the belt to deflag a runner. Belts have three flags that are to be positioned one on each hip and one in the back. Belts come in different sizes and also have slide adjustments within each size. Each team will need to check out belts 10-15 minutes prior to start of game from Intramural Supervisor. A member from each team must give his BU ID to the Intramural Supervisor to check out the belts. Each team will have contrasting colored flags. The belts are to be adjusted for a **loose fit** around the waist; otherwise your own movement may cause it to come off.

**M. SECURING THE FLAG**

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<table>
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<tbody>
<tr>
<td>a</td>
<td>Flags must be worn by all players on the field to begin a play.</td>
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<tr>
<td>b</td>
<td>The defensive player must not tackle, block or hold the ball carrier while attempting to secure the flag. The defensive player shall &quot;play the flag rather than the person&quot;.</td>
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<td>c</td>
<td>The defensive player is allowed to leave his feet to deflag (touch) the ball carrier. If a player trips, holds, or uses other illegal acts in this leaving of their feet, a penalty (eight (8) yards) will be called. If flagrant, unsportsmanlike, unnecessary roughness, etc., ejection may also result besides the 8 yard penalty. <strong>Use common sense when attempting to deflag the player.</strong></td>
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<td>d</td>
<td>Deflagging (removal of the flag/belt by a player) is allowed only under special circumstances similar to tackling in football. Offensive players must have possession of the ball before they can legally be deflagged.</td>
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<td>e</td>
<td>Flag belts must be &quot;clearly taken&quot; from the ball carrier. *A player who removes the flag belt from the ball carrier should immediately hold the flag belt above his/her head and then drop the flag at the spot of the deflagging or return it to the ball carrier. <strong>A defensive player who throws or spikes the flag after deflagging will be called for unsportsmanlike conduct.</strong> If a defensive player tries for the belt and they do not pull the flag off, but it falls off within 1 or 2 steps because of their contact with the belt, the play stops.</td>
<td></td>
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That player is down. If the player takes 4 or 5 more steps and then the belt falls off, the play continues. Deflagging now becomes a one-hand touch (from the shoulders to the knees) on the offensive player without a flag. Always play until you hear the whistle.

f. A flag removed inadvertently (not removed by grabbing and pulling) does not cause the play to stop. Play should continue as if the flag(s) had not been removed, and deflagging reverts to one-hand touch between the shoulders and knees.

g. In circumstances where a flag is removed inadvertently or illegally, the play should continue with the option of the penalty or the play.

h. In all situations where a play is in progress and a ball carrier loses their flag either accidentally, inadvertently or on purpose, the deflagging reverts to a one hand touch (between the shoulders and knees) of the ball carrier.

i. Ball carrier shall not straight arm a defensive player or in any way cause contact in their effort to prevent the opponent from securing the flag.

j. FLAG GUARDING: Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Penalty: Eight (8) yards from the spot of the foul.

k. The ball carrier may not hurdle or attempt to jump over another player who is on their feet. Players may not jump OR DIVE (sideways, etc.) to avoid being deflagged. Penalty: Hurdling, Eight (8) yards

l. Runner/Receiver is also down if any part of them touches the ground other than a hand(s) or feet. The ball, in possession, is considered part of the hand and also may touch the ground without being ruled dead.

m. No opponent shall exert any extra force than is necessary to pull the ball carrier’s flag.

n. For a player attempting a pass, the RELEASE of the ball (not arm in motion) is the determining point as to whether they can be deflagged or not. This is the judgment of the official.

o. Rushers chasing the passer must play the flag and not the ball/man. If they attempt to block a pass they may not contact the passer in any manner even if the ball has been touched or blocked. This will result in an eight (8) yard penalty and an Automatic First Down. If the play results in positive yardage for the offence the penalty will be enforced from the end of the play

p. If a player is found wearing a belt that is tied, it may be an automatic ejection from the game. The player may also be ineligible for the next contest. There will be an eight (8) yard penalty assessed from the previous spot and a loss of down or automatic first down. The referee may check your flag at any time. After a score is made, the referee must pull off the player's flag. If the ref cannot pull of the flag in three (3) attempts, a penalty will be enforced.

q. Players must have possession of the ball before they can be deflagged legally by an opponent. A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. Penalty: Eight (8) yards.

N. BLOCKING:

a. Offensive Screen Blocking - Offensive screen block shall take place without contact. It is similar to a screen in basketball. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back (not on chest or in front of body). Any use of arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain his/her balance. A player must be on his/her feet before, during, and after screen blocking. Penalty: 8 yards.

A player who screens shall not:

1. When he/she is behind a stationary opponent, take a position closer than a normal step from him/her.

2. When he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her.

3. Take a position too close to a moving opponent that their opponent cannot avoid contact by stopping or changing direction. Speed of play to be screened will determine where the screener may take his/her stationary position. This position will vary and may be one or two normal steps or strides from the opponent.

4. After assuming his/her legal screening position move to maintain it, unless he/she moves in the same direction and path of his/her opponent. If screener violates any of these provisions and contact results, he/she has committed a personal foul. Penalty: 8 yards.
O. **PUNTS:** When punting the ball, the kicking team must announce its intentions to the officials before the ball is declared ready for play. After such an announcement, the kicking team may change the decision to punt by taking a time-out or by accepting a penalty. The offense must maintain everyone excluding the punter on the line of scrimmage until the kick is made. The entire kicking team must hold its position until the ball is kicked. The center must snap the ball to the kicker who must be at least two yards behind the line of scrimmage. The receiving team is not required to have anyone on the line of scrimmage, and may not move either until the ball is kicked. If the kick is caught, or recovered clearly after hitting the ground (it can bounce a couple times if clearly recovered) by a player of the receiving team, the ball continues in play. If fumbled, it becomes dead at the spot of hitting the ground after being missed and becomes the receiving team’s ball. There shall be no quick kicks.

P. **FUMBLES:** Any fumble, lateral or forward pass that is intercepted or caught in the air may be advanced. Any time the ball touches the ground during a play from scrimmage, including the snap, the ball is automatically downed there, hence, no recovered fumbles that have touched the ground. Balls may be fumbled backwards for a safety or loss, but not forward for a touchdown, first down, or any gain (it would remain at the point of the fumble in these instances). However, a ball can be fumbled forward through the endzone for a touchback. Any ball deemed to have been fumbled forward on purpose will be ruled as an illegal forward pass and be penalized from the spot.

Q. **TIE GAMES:** A coin toss will determine who gets the ball first (winner of toss has choice to go first or second). The home team will call the coin toss. Team A receives the ball on the 10-yard line and has four downs to try to score. Both teams will go towards the end zone closest to West Campus. If they score they will have the option to try for one (3 yds.), two (10 yds.) or three (15 yds.) points. Team B then has its four downs to attempt to score and attempt extra point(s). This procedure would continue until one team has won on its four plays (in other words, it is not sudden death), with the teams alternating which team is on offense first each overtime. If one team intercepts a pass, they **CAN** run it back for a score. Example: If Team B intercepts Team A’s first possession and runs it back for a touchdown, the game is over. Team B does not need to go on offense. However, if they intercept and run it back to the 1 yard line and get deflagged, they start their possession from the 10 yard line as if no interception had taken place. The supervisor may use discretion in speeding up play by telling teams to try longer conversions. Each team gets **one timeout for the entire overtime period.**

R. **DELAY OF GAME:** The ball must be put into play with a backward snap using one quick continuous motion to a player at least two yards behind the line of scrimmage within 25 seconds of when the referee blows the whistle after they spot the ball for "Ready to Play". Stalling for time is strictly prohibited. Penalty will be four (4) yards. Intentional Delay of Games will result in a stoppage of the clock and may result in an unsportsmanlike conduct penalty.

S. **HIKING THE BALL:** No direct hand-off snaps are allowed. The ball must be snapped with a quick and continuous motion between the center’s legs or to the center’s side to a player that is a least two yards from the line of scrimmage. After assuming position for the snap and adjusting the ball, the snapper may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. It is up to the discretion of the head referee of what constitutes as simulating the snap.

T. **NO SLEEPER PLAY/CENTER SNEAKS:** No "Sleeper" or "Hide-out" plays will be allowed. Players must be within 15 yards of the ball from the time of the ready-for-play signal to the snap. However, players that break the huddle are allowed to stand anywhere on the field that they choose, including right next to the sidelines. It is the defense’s responsibility to recognize who broke the huddle. It becomes illegal when there is a last second substitution on offense and that sub stands right next to the sideline that they entered on. This will be ruled as an illegal substitution and penalized as such. There can be no center sneaks since there must be a snap to a player two yards from the ball.

U. **RETURNS FROM END ZONE:** Passes, interceptions, and kicks may be returned from end zones, but not from behind end lines. An interception in the end zone can be advanced or become a touchback (ball placed in 10 yard line) if downed or deflagged in end zone.
V. **INADVERTENT WHISTLE:** A live ball becomes dead when an official sounds the whistle, even if inadvertently. If there is an inadvertent whistle the team in possession of the ball at the time of the inadvertent whistle may choose to accept the play to the point of the inadvertent whistle or replay the down. No time will be added to the game clock for inadvertent whistles. Inadvertent whistles occurring on the last play of the game will result in a replay of the down with no time on the clock.

W. **MOTION:** When the ball is snapped, only one offensive player may be in motion, but not in motion toward the line of scrimmage. A player in motion must be moving parallel or backwards to the line of scrimmage at the time of the snap. Penalty: Illegal motion, Four (4) Yards. A player in motion on the line of scrimmage can be one of the four scrimmage line players. However, should they move off of the line of scrimmage while in motion reducing the number of players on the line to three and the ball is snapped, an illegal procedure penalty will be called.

X. **SHIFT:** A shift is the action of one or more offensive players who, after a huddle or after taking set positions, move to a new set position before the ensuing snap. After a shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least one full second before the snap. Penalty: Illegal shift, Four (4) Yards.

Y. **FALSE START:** Offensive players (except the player in motion) must be stationary in their positions without movement of the feet, body, head, or arms for at least one full second before the snap. Penalty: Four (4) Yards.

Z. **SPIKING THE BALL:** (deliberately throwing the ball down) after any play is an eight (8) yard unsportsmanlike conduct penalty no matter where it occurs on the field. Spiking the ball to stop the clock can only be done within the stop clock time frame (last two minutes of the second half) if the difference in score is less than 20 points. Any attempt to spike the ball to stop the clock outside of this window will be ruled as intentional grounding.

AA. **PENALTY MEASUREMENT:** Four (4) yard and eight (8) yard penalties will be used. A penalty measurement that would take the ball into the end zone will be marked half the distance to the goal or if the 4 or 8 yard penalty is longer than half the distance.

BB. **STEALING THE BALL:** An opponent may not attempt to strip or steal the ball from the ball carrier. The ball is dead if it hits the ground and belongs to the ball carrier. It is ruled as an eight (8) yard illegal contact penalty. This is not to be confused with a fumble that can be caught before it touches the ground and can be advanced.

CC. **NEUTRAL ZONE:** There will be a one-yard separation between the offensive line of scrimmage (point of the ball) and the defensive line of scrimmage. This will be designated by a spot for both the offensive and defensive lines of scrimmage. The defensive line of scrimmage will never be inside their own end zone, even if the distance between the two is less than a yard.

DD. **ENCROACHMENT:** (off sides). The defensive team may not penetrate the neutral zone (line of scrimmage) or it is encroachment and a 4-yard penalty. Even if the defense gets back before the snap of the ball; it is still a penalty. Encroachment by the defense results in an immediate dead ball, there are no “free plays”. This rule is in effect once the line has been set by the Line Judge. *During the interval between scrimmage downs when the defensive team commits two or more consecutive encroachment fouls, the penalty will be 8 yards for the second encroachment foul. This is for non- incidental encroachments.  

EE. **INTENTIONAL GROUNDING:** In the judgment of the official, it is intentional grounding when a forward pass is intentionally thrown to the ground or out-of-bounds to save loss of yardage. There is no tackle box.

FF. **PASS INTERFERENCE:** Penalty for defensive pass interference is 8 yards from the line of scrimmage and automatic first down, not the point of the foul. Offensive pass interference is 8 yards from the line of scrimmage and loss of down. (Offensive pass interference behind the line of scrimmage is enforced from the spot of the foul.)

GG. **ARTIFICIAL NOISE MAKERS:** No artificial noise makers (I.E. bells, horns, etc.) will be allowed at any intramural games. This is because of the residence halls that are close to the area, and because of their unsportsmanlike use.
SUMMARY OF PENALTIES:

**LOSS OF FOUR (4) YARDS**
1. Delay of game
2. Free kick infractions
3. Interference with opponent or ball before snap
4. False start or any illegal act by the snapper
5. Encroachment
6. Illegal position at snap
7. Player on offense illegally in motion
8. Illegal shift
9. Illegally handing ball forward
   (also loss of down)
10. Illegal forward pass by offense or defense
    (also loss of down)
11. Substitutes or coach needlessly walking along
    the sideline.
12. Article of clothing covering portion of a player's flag.
13. Protected kick infraction
14. Helping runner
15. Illegal substitution
16. Intentional grounding (loss of down)
17. Illegal equipment/uniforms

**LOSS OF EIGHT (8) YARDS**
1. Delaying start of either half
2. Offensive pass interference
   (loss of down)
3. Defensive pass interference
   (automatic first down)
4. Holding or illegal block on
   offensive play
5. Striking, kicking, kneeing
   (also disqualification)
6. Clipping
7. Tripping, striking head or neck
   with heel, back, side of hand.
8. Unsportsmanlike player conduct
9. Illegal participation
10. Unsportsmanlike conduct by coach,
    players, or fans
11. Coach/Fans illegally on the field.
12. Interlocked interference
13. Illegal use of hands or arms or
    guarding the flag
14. Roughing the passer
    (Automatic First Down)
15. Illegal contact
16. Quick kick
17. Hurdling
18. Holding or illegal block on punt return

DISQUALIFICATION ASSOCIATED WITH CERTAIN 8 YARD PENALTIES
1. Striking, kicking, kneeing, tackling. 2. Any act listed above if unduly rough or flagrant.

CO-REC RULES:

- All of the previous rules which apply to men’s and women’s intramural flag football also apply to
  co-rec flag football, plus the following.

1. A co-rec team shall consist of 4 men and 4 women on the field. However, a team may start with six (6)
   players to avoid a forfeit and may continue with six players as long as they have a chance to win.
   There may never be a difference of more than one male to female, or female to male players on the field at any one time
   (i.e. Can play 4:3 or 3:4 male-to-female ratio.)
2. The defense must line up outside the buffer zone, which is defined as 3 full yards from the ball.
   Exception - when the ball is 10 yards or closer to scoring, the buffer zone will be one full yard from the ball.
3. All offensive plays are defined as either “open” or “closed”. During an offensive possession, there may
   not be two consecutive legal forward pass completions from a male passer to a male receiver. This rule will also apply to the try.
   If a male passer completes a legal forward pass to a male receiver, the next play is “closed” and the next legal forward pass must involve either a female passer or a female receiver for positive yardage.
   The pass must cross the line of scrimmage. (This will then “open” the next play). A foul, whether accepted or declined, will have no effect on whether the next down is “open” or “closed”
4. A male cannot run the ball beyond the line of scrimmage. This includes catching passes behind the line of scrimmage. There are no restrictions during a run by a female runner who crosses the line of scrimmage, or after a change of possession. A female running will not open a play.

5. Offense must always have 5 players on the line of scrimmage.

6. When a female is involved (passing, receiving, or running) in a play resulting in a touchdown, the score is worth 9 points. This includes laterals to females during a run.

- All other rules not covered in the BU Intramural Rules are played in accordance with NIRSA Flag Football Rules.